

THE ITALIAN JOB

ITALY ROUTS ENGLAND 4-2 ON PENALTIES.
BUT CAN THE TEAM HOLD ITS OWN
AGAINST THREE-TIME CHAMPION GERMANY
IN EURO 2012? PAGE 20



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Monday, June 25, 2012



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Naomi Happychuck, 26, and Champ were among more than 900 dogs and their owners who went on a mass walk at Assiniboine Park on Sunday morning for the Winnipeg Humane Society's Paws in Motion benefit. The day included contests, live music, kids' fun and a demonstration by the K-9 Unit of the Winnipeg Police Service. SHANE GIBSON/METRO

Poverty and the city

A new study will look at the tangled relationship between inner-city and aboriginal poverty in Winnipeg PAGE 3

Target taking aim at hiring

Polish off your resumé: U.S. retail giant Target is taking over four Zellers stores in Manitoba — three of them in the Winnipeg area — and you could be one of some 800 new hires PAGE 4

Egypt elects Islamist

In the country's first free elections, Mohammed Morsi is declared president PAGE 5

New season in Bo's boots

Anna Silk slips with ease back into her role as a 'sex creature' in *Lost Girl* PAGE 15





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Paula Findlay, triathlete
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\$2.3-million grant aims to help understand inner-city poverty

Community input sought. Money will be used to fund research into the dynamics of the inner city

DAVE BAXTER
winipeg@metronews.ca

The Canadian Centre for Policy Alternatives Manitoba (CCPA-MB) announced Friday a \$2.3-million, seven-year partnership grant was awarded to the Manitoba Research Alliance to support Partnering for Change: Community-Based Solutions for Aboriginal and Inner-city Poverty.

CCPA-MB said the grant, which was awarded by the Social Sciences and Humanities Research Council of Canada (SSHRC), will fund research that will be "focused on understanding the complicated dynamics of inner-city and aboriginal community poverty and social exclusion."

Lynne Fernandez, a research associate for CCPA-MB, said the research will look at the root problems of poverty and also talk to members of the inner-city community to make sure their input is used in decision-making.

"The main thing is that we work very closely with the community and we go in and get the community to tell them what the issues are rather than us telling them," said Fernandez.

"They tell us what the issues are and they tell us what they need."

Fernandez says that racism and stereotypes in Canada are a part of why there are so many problems in the inner city.

"Racism doesn't get in the way as much as it creates the problem so understanding racism as an element is important."

The Manitoba Research Alliance has been awarded a total of \$4.3 million in grant money from three separate grants from the SSHRC.



Aboriginal social worker and researcher Larry Morrisette says the new grant will help his community. DAVE BAXTER/FOR METRO

Bike to Work Day brings a new commuting plan to Winnipeg



From left, Minister of Local Government Ron Lemieux, Matthew Gemmel and MLA Rob Altemeyer celebrate Bike to Work Day. DAVE BAXTER/FOR METRO

Bike to Work Day brought hundreds of cyclists onto Winnipeg's roads on Friday and also brought a new "three-year, four-point action plan" to try and get more commuters out of their cars and using active transportation options to get to work.

Active transportation is the use of human-generated energy to get around and includes options such as walking, cycling and in-line skating.

Minister of Local Government Ron Lemieux said that finding active transportation options is good for Manitoba in a number of ways.

"The government of Manitoba recognizes the importance of active transportation and the role it plays in improved health, building strong com-

Active transportation

"I believe we have accomplished a lot over the last 12 years. Together we have raised the profile and the potential for active transportation, but we've got more to do."

Minister Ron Lemieux

munities, and environmental protection," said Lemieux.

Lemieux said he believes the new plan will lead to more awareness of active transportation and said there is still work to be done.

The plan will include adopt-

ing a provincial active transportation policy and working to complete infrastructure projects that make active transportation options easier. The province will also work with MPI to continue raising awareness of safety issues for cyclists and pedestrians.

Cyclist Matthew Gemmel cycles or walks to work every day and says Bike to Work Day is a great success and the new plan will only make things better.

"I'm happy to be out here supporting this. The last few years there is more and more momentum. I think the investments the province has made in the last five years have made a huge difference and hopefully it goes more in that direction." DAVE BAXTER/METRO

1

NEWS

On the web

True brew

Coffee lovers are all too familiar with that satisfying moment — the first sip of a freshly brewed cup — but for the lead coffee taster at Tim Hortons, that borderline euphoric sensation has become a lifestyle. Go to metronews.ca to find out how Tim Hortons makes its signature cup of joe.

Mobile news



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Investment. Brazilian agricultural equipment firm coming to Manitoba

Premier Greg Selinger and CentrePort Canada announced Friday that Motomco Group of Brazil, a Brazilian agricultural equipment manufacturer, will open its first Canadian-based operation in Manitoba.

In a press release the province said Motomco is an international manufacturer of state-of-the-art grain quality control products and has worked closely with Manitoba Trade and Investment and CentrePort Canada to find industrial space needed for its Canadian operation.

Selinger made the announcement during his trade mission to Brazil.

Motomco expects to open its Canadian office this summer between King Edward Street and Border Street in Winnipeg. **METRO**



Premier Greg Selinger METRO FILE

Watershed health. New monitoring tool will keep an eye on Lake Winnipeg

Manitoba will now be better equipped to understand the health of its waterways thanks to \$225,000 in private sector funding for the Manitoba Habitat Heritage Corporation's new stream bank and watershed health program.

Conservation minister Gord Mackintosh and RBC regional vice-president Lynette Gillen announced the funding Friday.

It will focus on Lake Winnipeg and be used to put in place a new computer tool that will analyze aerial photography to produce maps of stream banks, and then be used to analyze the health of different waterways.

The province hopes the

Quoted

"This is an outstanding example of corporate social responsibility in action."

Conservation and water stewardship minister Gord Mackintosh

technology will allow them to prioritize their resources into the right places.

"This is an outstanding example of corporate social responsibility in action and we appreciate this grant to protect the quality of our water in Manitoba, especially Lake Winnipeg," said Mackintosh.

METRO

National Aboriginal Day

Five injured after pepper spray discharged

Five people needed medical attention Saturday night after pepper spray was discharged during National Aboriginal Day celebrations.

Police were called to the Forks around 11:30 p.m., but WPS spokesperson Const. Chris Wingfield had few other details Sunday afternoon.

"I don't know exactly where it was, but it was outside," he told Metro.

All the victims were treated at the scene, and no arrests have been made. The investigation continues. **METRO**

Balmoral Hotel

Police look for suspect in lounge robbery

Winnipeg police are looking for a suspect after a man allegedly robbed the lounge at the Balmoral Hotel Saturday night.

Police say a man entered the lounge around 11:20 p.m. and demanded cash from the bar staff. The suspect indicated he was carrying a weapon, but none was seen. Police say the suspect received an undisclosed amount of cash before fleeing.

No one was injured in the robbery, and police did not release a description of the suspect Sunday. **METRO**

Target hiring for three local stores

Spring 2013 opening. U.S. retailer is now looking for store and department managers



BERNICE PONTANILLA
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Target is zeroing in on store locations in Winnipeg and hiring staff.

The U.S. retail giant will open four stores in Manitoba — one in Brandon and three in Winnipeg — starting in spring of 2013.

"We're excited about coming to Canada because Canadians are excited about us being here," said Bryan Berg, Target's senior vice-president of stores. "We asked them what is it that they're looking for and overwhelmingly their common response is we want what we've seen in the United States in Canada."

Both Berg and Tiffany Munroe, vice-president of human resources, were in Winnipeg on Friday to talk about their company's recruitment efforts and the expansion into Canada with 111 stores.

Munroe said the company is currently hiring store and department managers and, in 2013, more staff will be hired, for a total of 200 team members per store.

In Winnipeg, the Target stores will be located at Kildonan Place, Southdale Centre and Grant Park. The store in Brandon will be located at Shoppers Mall.

Berg said his company is spending over \$10 million per store to renovate both the interior and exterior.

Target's four locations in Manitoba are presently Zellers stores. In January of 2011, Target announced it was taking over Zellers' leases.

Many Zellers employees,



Target's Bryan Berg, senior vice-president of stores, and Tiffany Munroe, vice-president of human resources, said the company has already started recruiting employees for its stores, set to open in Manitoba in 2013.

BERNICE PONTANILLA/METRO

both unionized and non-unionized, were left unsure about their jobs.

Berg said Zellers employees will have to re-apply for a job at Target and, for those who do re-apply, Target will be "providing an opportunity for each of those employees to have an interview with us" in early 2013.

"What we purchased from HBC was the leaseholds in

Store locations

- In Winnipeg, the Target stores will be located at Kildonan Place, Southdale Centre and Grant Park.

these stores, we didn't buy any of the merchandise, any of their systems, any of their

distribution capacity," said Berg. "As a result of that, we reserve the right to be able to select the teams to be able to deliver this branded shopping experience in our stores."

Those wishing to learn more about the jobs available can visit target.ca/careers.

Follow Bernice Pontanilla on Twitter @MetroBee



Mystery surrounds grisly West End find



Police found what they would only call an "unidentified item" in the back yard of this home at 797 Simcoe St. DAVE BAXTER/FOR METRO

Winnipeg police released no new details over the weekend after saying very little about a body found in the West End late last week.

Police began investigating what they would only call "an unidentified item" in the back yard of a home at 797 Simcoe St. Thursday night, and didn't confirm what the find was until Friday afternoon.

Police also didn't refer to the find as a homicide, but did say homicide detectives

had been notified.

Neighbours told local media Friday they'd noticed a smell from the home for a couple of months, and others said the body had been found in a bag.

Police didn't confirm any of the reports and were waiting for autopsy results before releasing any other information.

If the find is deemed a homicide it will be Winnipeg's 18th of 2012.

SHANE GIBSON/METRO

Islamist Morsi wins Egypt's first free election

Tahrir Square.
Selection of Muslim Brotherhood candidate met with joy, skepticism

Islamist Mohammed Morsi was declared the winner Sunday in Egypt's first free presidential election in history, closing the tumultuous first phase of a democratic transition, and opening a new struggle with

the still-dominant military rulers who recently stripped the presidency of most of its powers.

In Tahrir Square, the birthplace of the uprising that ousted autocratic president Hosni Mubarak, joyous Morsi supporters wept and knelt on the ground in prayer as soon as they heard the outcome announced on live television. They danced, set off fireworks and released doves in the air in celebrations not seen in

Road to recovery

"The revolution passed an important test. But the road is still long."

Yasser Ali, Mohammed Morsi's campaign spokesperson

the square since Mubarak was forced out on Feb. 11, 2011.

Many are looking now to see whether Morsi will try to take on the military and wrestle back the powers they took

from his office just one week ago.

"I pledge to be a president who serves his people and works for them," Morsi said on his web page. "I will not betray God in defending your rights and the rights of this nation."

Left on the sidelines are the liberal and secular youth groups that drove the uprising against Mubarak, left to wonder whether Egypt has moved towards becoming an Islamist state. **THE ASSOCIATED PRESS**



Egyptian protesters celebrate the victory of Mohammed Morsi in Tahrir Square in Cairo Sunday. KHALIL HAMRA/THE ASSOCIATED PRESS

NATO. Ambassadors to mull response after Syria shoots down jet

NATO ambassadors will discuss this week whether to respond to Syria's downing of a Turkish jet in what Turkey insists was international airspace, although the likelihood of any military action by the alliance is low. The plane's downing has further hiked regional tensions over the conflict in Syria, where some 40 people were said to have died Sunday in new clashes between rebels and regime forces.

The jet's wreckage was found in the Mediterranean at a depth of 1,300 metres, Turkish state media reported Sunday. The two pilots remain unaccounted for.

Turkish Foreign Minister Ahmet Davutoglu said the jet was on a training flight to test Turkey's radar capabilities, not spying on Syria. He said the plane mistakenly strayed into Syrian airspace Friday, but was quickly warned to leave by Turkish authorities and was a mile inside international airspace when it was shot down off the coast of Latakia.

Syria insisted Saturday that the shooting was "not an attack" and that the aircraft had violated its airspace. But Turkish authorities say Syria didn't warn the Turkish plane nor send its own jets to confront it.

Deja vu?

In October 1989, two Syrian MiG-21s violated Turkish airspace and shot down a Turkish plane on a geographical survey mission, killing all five crew members. Syria at the time promised to severely punish the pilots, who disregarded Turkish orders not to enter Turkish airspace.

Turkish Prime Minister Recep Tayyip Erdogan was expected to make a statement Tuesday and might announce some retaliatory steps.

"No one should dare to test Turkey's capabilities," Davutoglu said Sunday.

Meantime, at the request of Turkey, NATO's governing body will meet Tuesday to discuss the incident, said Oana Lungescu, a NATO spokeswoman.

Despite some opposition leaders' calls for Western military intervention in Syria, the United States and allies have been hesitant to get involved in what could prove a protracted conflict, preferring the diplomatic route.

THE ASSOCIATED PRESS

Anti-regime unrest

Sudan security forces crack down on protesters

Sudanese security forces used tear gas to break up anti-regime demonstrations in Khartoum on Sunday, opposition figures said, as the government vowed to press ahead with economic austerity measures that set off a wave of unrest last weekend.

In messages broadcast by the Sudanese state media, the regime threatened "stern measures" against the protests, which first targeted the austerity moves but have expanded to include calls

for the ousting of longtime President Omar al-Bashir.

Several hundred students gathered at Khartoum University, where the demonstrations started eight days ago, said Kamal Omar of the Popular Congress Party. He said pro-government "militias" attacked them. Other opposition figures said police fired tear gas and arrested dozens of students.

The official SUNA news agency reported late Saturday that authorities instructed police to "deal sternly with saboteurs."

Protesters reject a government austerity plan that slashed subsidies and doubled the price of fuel and food. **THE ASSOCIATED PRESS**

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Smoke hovers above Garden of the Gods park near Colorado Springs on Saturday. BRYAN OLLER/THE ASSOCIATED PRESS

Colorado fires demolish homes, threaten tourism

Eight wildfires burning. Half the U.S. firefighting fleet is battling blazes in Colorado, says the state's governor

Wildfires moved in on some of Colorado's most popular summer tourist destinations over the weekend, demolishing nearly two dozen homes near Rocky Mountain National Park and emptying hotels and campgrounds.

A wildfire near Colorado Springs erupted and grew out of control to more than eight square kilometres early Sunday, prompting the evacuations of more than 11,000 residents and an unknown number of tourists. And on Saturday, a blaze destroyed 21 structures near the moun-

tain community of Estes Park, where many visitors stay while visiting the national park.

Half the nation's firefighting fleet is now battling fires in Colorado, said Colorado Gov. John Hickenlooper. He said military support in the form of C-130 military transport planes from Peterson Air Force Base in Colorado Springs would begin assisting on Monday.

With eight wildfires burning, including a fire that has scorched more than 305 square kilometres and destroyed at least 191 homes near Fort Collins, Colorado is having its worst wildfire season in a decade.

"People recognize this is going to take a big push" to extinguish, Hickenlooper said Sunday from a Colorado Springs grocery store, where volunteers were passing out burritos, sandwiches and drinks to 350 firefighters.

'We're not used to this'

"We're used to flooding and tornadoes, nothing like this."

Amanda Rice, who left a Manitou Springs hotel late Saturday with her husband, four children and dog

All of this came just a week before Independence Day on July 4, a key time for family vacations to national parks and other destinations. A statewide ban on open campfires and private fireworks has been in place for more than a week. Summer travellers have seen some of their favourite sites closed, obscured by smoke.

Families planning white-water rafting trips were instead passing out bottled water and setting up cots in evacuee centres.

THE ASSOCIATED PRESS

Demonstration

Israeli activists arrested after alleged clashes with police

Israeli police say 85 protesters were arrested after clashing with officers and vandalizing banks in Tel Aviv.

The demonstrators

had gathered Saturday night to protest the arrest of 12 social activists a day earlier. Some blocked main roads and scuffled with police.

Police say others shattered windows on five banks. Media reported that in one case, protesters charged inside a bank and planted a tent, the symbol of social protests that swept the country last summer.

Police spokesman Micky

Rosenfeld says police made the arrests to prevent looting. He estimated there were 1,500 demonstrators in the protests, though media reports gave a number four times higher.

Activist leader Daphni Leef accused police of brutality, saying officers bruised and humiliated her when they detained her Friday. She was released on bail.

THE ASSOCIATED PRESS

Enclave

Delay ouster of illegal West Bank settlers: Israel

The Israeli government has asked the Supreme Court to delay the dismantling of an illegal Jewish settlement enclave in the West Bank for seven months.

The government had pledged to evict the two dozen families living in the Givat Assaf settlement outpost by July 1.

The outpost was built without official authorization and was constructed on privately held Palestinian land. Israel considers this illegal, even as it approves construction on other captured territory.

In its petition to the

court, the government says it has "significant new information" about Givat Assaf that requires exploring. It did not elaborate.

But the Maariv newspaper reported Sunday that the military has discovered old documents that contradict Palestinian claims to owning the land. The Palestinians want all of the West Bank for their future state.

THE ASSOCIATED PRESS



Interim Liberal chief Bob Rae and MP Justin Trudeau in Montreal at Saint Jean Baptiste festivities

Interim Liberal leader Bob Rae, right, and liberal MP Justin Trudeau, along with his daughter Ella Grace, meet with locals during the annual Saint Jean festivities in Montreal, Sunday.

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Harper irks Parti Quebecois — again



PM Stephen Harper points during his speech as he celebrated St-Jean-Baptiste Day, Sunday in St-Narcisse-de-Beaurivage, Que. CLEMENT ALLARD/THE CANADIAN PRESS

Secret meetings. The Conservatives affirm willingness to work with Quebec, after secret meetings exposed

Prime Minister Stephen Harper's Quebec lieutenant says the Conservatives are prepared to work with whoever is in power in the province — including the sovereigntist Parti Quebecois.

Industry Minister Christian Paradis says the Harper government and Quebec have common interests and would find common ground if the PQ won the next provincial election.

The PM's chilled relationship with Quebec has been under increased scrutiny since The Canadian Press revealed his recent secret meetings in Montreal with former prime minister Brian Mulroney and Liberal Premier Jean Charest.

Harper went to them for

advice on the national unity issue, which some fear could rise again if the Parti Quebecois unseat Charest's unpopular Liberals.

Harper and Paradis were at a celebration near Quebec City yesterday for the province's annual Fête nationale.

The Conservatives are trying to revive flagging Tory fortunes in Quebec, where the party won just five of 75 federal seats in the last election.

Charest confirmed to re-

porters today that he had met Harper recently, but wouldn't say what about. He said Quebecers would have a chance to give feedback on the Conservative government's performance when they vote in the next federal election.

NDP Leader Tom Mulcair called the meeting with Mulroney another sign that Harper is out of touch with Quebecers — and hasn't made efforts to reach out like his party has.

THE CANADIAN PRESS

U.S. East Coast. Sea level rising at alarming rate

Sea levels are rising much faster along the U.S. East Coast than they are around the globe, putting one of the world's most costly coasts in danger of flooding, government researchers report.

U.S. Geological Survey scientists call the 965-kilometre swath a "hot spot" for climbing sea levels caused by global warming. Along the region, the Atlantic Ocean has been rising at an annual rate three to four times faster than the global average since 1990, according to the study published Sunday in the journal *Nature Climate Change*.

It's not just a faster rate, but at a faster pace, like a car on a highway "jamming on the accelerator," said the study's lead author, Asbury Sallenger Jr., an oceanographer at the agency. He looked at sea levels starting in 1950, and noticed a change beginning in 1990.

Since then, sea levels have gone up globally about five centimetres. But in Norfolk, Va., where officials are scrambling to fight more frequent flooding, sea level has jumped a total of 12.19 centimetres, the research showed. For Philadelphia, levels went up 9.4 centimetres, and in New York City, it was 7.11 centimetres.

Climate change pushes up sea levels by melting ice sheets in Greenland and west Antarctica, and because warmer water expands.

Computer models long have projected higher levels along parts of the East Coast because of changes in ocean currents from global warming, but this is the first study to show that's already happened.

By 2100, scientists and computer models estimate that sea levels globally could rise as

By the numbers

1.01 m

Scientists estimate that sea levels could rise as much as 1.01 metres by 2100.

much as 1.01 metres. The accelerated rate along the East Coast could add about 20 centimetres to 28 centimetres more, Sallenger said.

"Where that kind of thing becomes important is during a storm," Sallenger said. That's when it can damage buildings and erode coastlines.

On the West Coast, a National Research Council report released Friday projects an average nearly one-metre rise in sea level in California by the year 2100, and 0.61 metres in Oregon and Washington. The land mass north of the San Andreas Fault is expected to rise, offsetting the rising sea level in those two states.

The USGS study suggests the Northeast would get hit harder because of ocean currents. When the Gulf Stream and its northern extension slow down, the slope of the seas changes to balance against the slowing current. That slope then pushes up sea levels in the Northeast. It is like a see-saw effect, Sallenger theorizes.

Margaret Davidson, director of the Coastal Services Center for the National Oceanic and Atmospheric Administration in Charleston, South Carolina, said the implications of the new research are "huge when you think about it. Somewhere between Maryland and Massachusetts, you've got some bodaciously expensive property at risk." THE ASSOCIATED PRESS

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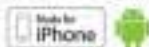
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Minorities shut out of power in Iraq: Cleric

Resignation call.

Al-Sadr will instruct his lawmakers to deliver a no-confidence vote for prime minister Nouri al-Maliki

The Iraqi cleric whose followers are a swing vote in the nation's ongoing government crisis said Sunday that the prime minister should resign if he cannot produce reforms.

In a rare and wide-ranging press conference, hardline Shiite cleric Muqtada al-Sadr admonished the Shiite-led government, saying it has shut Iraq's minorities out of power and failed to fix legal systems and other public services.

As a result, and to jumpstart the nation's all but paralyzed government, al-Sadr said he is prepared to direct his party's 40 lawmakers to support a no-confidence vote against Prime Minister Nouri al-Maliki — so long as he is assured other political blocs in parliament provide the rest of

Back story

Al-Sadr has flirted with the prospect of abandoning Maliki for months. The two men have a bitter personal history, going back to when government forces targeted al-Sadr's militia at the peak of the 2006-08 sectarian fighting that almost pushed the country into civil war.

- Also Sunday, an Iraqi press freedom group condemned authorities for ordering the closure of 44 news organizations, including a U.S.-funded radio station. The country's media commission said it was only targeting unlicensed operations.

the 163 votes needed.

His declaration delivers a sharp blow to al-Maliki's efforts to hold on to power.

The dispute calls into question the future of Iraq's fledgling democracy.

THE ASSOCIATED PRESS



In Britain, it's rain, rain, rain

Stiff upper lip! Revellers walk through the muddy campsite at the Isle of Wight music festival, after heavy rains turned the site into a mudbath Sunday. And Britain was braced for more rain: June is to be one of the wettest months in 100 years. PETER BYRNE/THE ASSOCIATED PRESS

Election-year politics

Republican admits no evidence of coverup

The U.S. Congress doesn't have any evidence so far of a White House coverup involving the botched "Fast and Furious" gun-tracking operation along the Mexican border, a top Republican said Sunday.

The assertion by Rep. Darrell Issa, chairman of a Congressional committee

that has been investigating the operation for more than a year, ran counter to House Speaker John Boehner's claim that President Barack Obama or his aides deliberately misled lawmakers.

"No we don't," Issa said in response to a question on Fox News Sunday about whether lawmakers had proof now to back Boehner's claim. The dispute has turned into a political fight. THE ASSOCIATED PRESS



For more news visit
metronews.ca

Animal-cruelty allegations

Cops on Magnotta's trail before Lin murder

Police were hot on Luka Rocco Magnotta's trail just weeks before he allegedly killed and dismembered university student Jun Lin, according to a former landlord.

Canadian law enforcement had tracked the 29-year-old porn actor and stripper to a Montreal apart-

ment building as recently as March, says Magnotta's former landlord.

He said a police detective phoned asking about Magnotta. But the query came too late, Magnotta had moved out about two weeks earlier.

While they never explained why they were calling, Toronto police have stated that they had already been investigating Magnotta on allegations of animal cruelty for more than a year.

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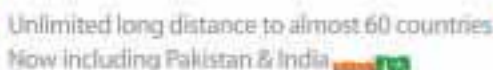
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Paraguay. Lugo denounces ouster as president, asks backers to keep peace

Fernando Lugo emerged early Sunday to denounce his ouster as Paraguay's president as a "parliamentary coup" and a "foreordained sentence" that was not based on proper evidence.

Lugo said his truncated presidency was targeted because he tried to help the South American nation's poor majority. Asked whether he had any hope of retaking office, Lugo exhorted his followers to remain peaceful but suggested that national and international clamour could lead Paraguayan lawmakers to reverse his impeachment.

"In politics, anything is possible," said Lugo, who termed the Senate's sudden vote to remove him a coup by political trial.

He also said that Roman Catholic bishops visited him before Friday's Senate trial for alleged poor performance of duties, and he agreed to accept the outcome of a process he considered illegitimate only to avoid bloodshed.

Lugo spoke in a pre-dawn special televised "open microphone" program hosted by a state-funded public television channel that was created by his government. As Saturday turned into Sunday, a long line of speakers queued up



Fernando Lugo THE ASSOCIATED PRESS

in front of the station's headquarters to vent their frustration over what they called an institutional coup, calling for strikes and protests to demand his return.

"We will not recognize any other president," chanted the crowd of at least 200 people, waving Paraguayan flags and bundled up against the Southern Hemisphere winter. THE ASSOCIATED PRESS



Show us the money

Police demanding salary increases shout slogans on the roof of a police internal-affairs building that was sacked and had its contents burned, in La Paz, Bolivia, on Sunday. A mutiny by rank-and-file Bolivian police demanding higher wages spread across the nation on Friday, with an estimated 4,000 officers occupying barracks.

JUAN KARITA/THE ASSOCIATED PRESS

Nigeria

Alleged church bomber dies, now hailed as a martyr

A top radical Islamist sect member blamed for a deadly Christmas Day church bombing in Nigeria has been killed by security forces, says the sect, which demonstrated in a prison break Sunday that his death has not affected its ability to keep fighting.

A statement attributed to the Boko Haram sect and obtained Sunday by The Associated Press said the group is happy about Habibu Bama's "martyrdom."

Bama, a former soldier, died after sustaining injuries from a gun battle between

security forces and the sect in the northeastern city of Damaturu earlier this week, Nigeria's State Security Service said.

The battle occurred from Monday to Tuesday as authorities fought back against the sect that struck six churches,

five primary schools, a police station and a police outpost, authorities said.

Bama had been declared wanted in connection with the Dec. 25 bombing of St. Theresa Catholic Church in the town of Madalla, just outside of the capital, Abuja,

killing at least 44 people.

Officials also believe he was involved in a federal police headquarters bombing last June and the United Nations headquarters suicide car bombing in Abuja last August that killed 25 people.

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New duty-free rules to draw more Canadian cross-border shoppers

Survey numbers.

Majority polled said they planned to spend more while stateside, but the changes have been criticized by Canadian shop owners

Canadians are in a U.S. shopping state of mind this summer thanks to changes in regulations that allow them to buy more without paying duty, a new survey suggests.

The Canadian Press-Harris Decima poll on relaxed cross-border shopping limits that went into effect June 1 found a large majority in favour of the changes — and 54 per cent of those planning a trip stateside said they intended to spend more.

Additionally, four in 10 said they were likely to purchase more duty-free goods.

The telephone survey of 1,000 was conducted be-

tween June 14 and 18 and is considered accurate plus or minus 3.2 percentage points, 19 times out of 20.

As outlined in the March budget, the duty-free threshold on stays longer than 24 hours rose to \$200 from \$50 beginning this month.

The limit on stays longer than 48 hours increased to \$800 from the current two-tiered levels of \$400 and \$750, depending on the length of stay.

In the poll, seven in 10 Canadians said they supported the higher duty-free limits, and eight of 10 of vacationers to the U.S. backed the changes.

The changes have been criticized by the Retail Council of Canada as just one more blow to merchants who cope with higher costs and must compete with U.S. competitors that often get a better deal from suppliers.

With the new rules in place for a little more than three weeks, it is still too ear-

Economic impact

“Cross-border shopping tends to be downplayed by officials and the impact on the Canadian economy, but I do think it’s quite significant.”

BMO economist Doug Porter, who says today’s shoppers would likely realize somewhat fewer savings because the loonie has dropped below parity in recent weeks.

ly to determine if Canadians have stepped up their shopping habits, said Karen Proud of the Retail Council. But she believes there will be an impact on retailers.

A comparison study published by the Bank of Montreal in April estimated that Canadian store owners lose about \$20 billion a year to cross-border shopping, although with many shoppers not reporting purchases, the exact worth of cross-border shopping is difficult to calculate. **THE CANADIAN PRESS**



Breastaurants becoming a booming niche

Valerie Chaira carries lunch from the kitchen at the Tilted Kilt, in Tempe, Ariz., in this May 16 file photo. The Tilted Kilt is part of a booming niche in the beleaguered restaurant industry known as breastaurants, or sports bars that feature scantily-clad waitresses. These small chains operate in the tradition of Hooters, which pioneered the concept in the 1980s but has struggled in recent years to stay fresh. The United States’ top three “breastaurant” chains behind Hooters each had sales growth of 30 per cent or more last year, according to Technomic, a food-industry research firm. They still represent less than one per cent of the nation’s top restaurants, but the upstart chains are benefiting as other mid-priced options like Applebee’s and Bennigan’s have experienced declines during the economic downturn. Instead of relying on lust alone, the new crop of restaurants is growing by offering new themes (think: rustic lodges and Celtic pubs) and varied menus (think: pot roast and shepherd’s pie instead of just burgers and wings). In other words, they’re hoping maybe people really are coming in for the food. **MATT YORK/THE ASSOCIATED PRESS**

U.S. vows to block changes affecting Internet freedom

A year after the Internet helped fuel the Arab Spring uprisings, the role cyberspace plays in launching revolutions is being threatened by proposed changes to a United Nations telecommunications treaty that could allow countries to clamp down on the free flow of information.

For months, dozens of countries have been meeting behind closed doors to debate changes to the 24-year-old treaty.

The U.S. delegation to the World Conference on International Telecommunications to be held in Dubai this De-

Free speech

“It is important that when we have values, as we do in the area of free speech and the free flow of information, that we do everything that we can to articulate and sustain those values.”

Philip Verwee, deputy assistant secretary of state and U.S. co-ordinator for international communications and information policy

cember has vowed to block any proposals that could permit online censorship or undercut the Internet’s current governing structure.

Yet those assurances have failed to ease fears that bureaucratic tinkering with the treaty

could imperil Internet freedom and diminish its role in economic growth, according to legal experts and civil liberties advocates who have been tracking the discussions.

Russia, for example, has proposed language that re-

quires member states to ensure the public has unrestricted access and use of international telecommunication services, “except in cases where international telecommunication services are used for the purpose of interfering in the internal affairs or undermining the sovereignty, national security, territorial integrity and public safety of other states, or to divulge information of a sensitive nature,” according to a May 3 UN document that details the various proposals for amending the treaty.

THE ASSOCIATED PRESS

WCITLeaks.org

The drafting and debating of proposals in preparation for the Dubai conference have taken place largely in secret.

- Public interest groups have criticized the process and said it runs counter to development of sound public policy.
- In response to calls for transparency, two research fellows at George Mason University’s Mercatus

Center launched the website WCITLeaks.org earlier this month as a way to make leaked documents available publicly.

- The secretive nature of the talks has sparked rumours the UN is plotting to take control of the Internet. Hamadoun Toure, secretary general of the International Telecommunication Union, has called the takeover rumours “ridiculous.”

Economy. Feds reject economist’s brief

The Harper government has firmly rejected a McGill University economist’s prescription for surviving the next financial meltdown.

A newly released briefing note shows Christopher Ragan’s proposal to strengthen oversight of the Canadian economy went all the way to Stephen Harper, himself a former economist.

The distinguished economist said a high-level Finance Department group, known as the senior advisory committee, needs to be restructured to give the governor of the Bank of Canada more input and to ensure the Canada Mortgage and Housing Corp.



Prime Minister Stephen Harper
THE CANADIAN PRESS

is a permanent member.

Ragan says the non-legislated body served Canada well during the 2008-09 global meltdown, but may

be blind to the next financial disaster — and the country should not become complacent because of past success.

A Feb. 22 memo to Harper shows the suggestion was given serious consideration — but ultimately rejected in favour of the status quo.

The heavily censored four-page document was released to The Canadian Press under the Access to Information Act.

The McGill professor says he’s not surprised about the government’s inaction, given that Canada survived the 2008-09 crisis in relatively good shape.

THE CANADIAN PRESS

Personal information

Facebook signs mobile app privacy agreement

Facebook became the seventh company to agree to give people advance warning if its mobile applications pull personal information from mobile phones and tablet computers.

California Attorney General Kamala D. Harris said Friday that the agreement includes Facebook’s own applications, as well as those made by third parties in its recently launched App Center.

THE ASSOCIATED PRESS

General Motors

Thousands of Cruzes recalled

A risk of engine fires is forcing General Motors to recall almost half a million Chevrolet Cruze compact cars, including more than 60,000 in Canada. GM says the fires can ignite when fluids drip onto a plastic shield below the engine. GM knows of 30 fires caused by the problem but says no injuries have been reported. Most of the fires were caused by spills during oil changes that weren’t cleaned properly. The recall covers cars built from September 2010 through May 2012.

THE ASSOCIATED PRESS

Ford

Power steering to be investigated

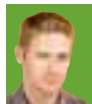
Federal safety regulators are investigating complaints that the power steering can fail on 2011 Ford Explorer SUVs.

Fifteen drivers have complained that the popular Explorer can suddenly lose its power steering assist, making it harder to steer the SUVs.

The problem could affect 83,000 Explorers. No crashes or injuries have been reported to the National Highway Traffic Safety Administration, which announced the probe on its website Friday.

THE ASSOCIATED PRESS

PISSED OFF ABOUT PARK WASHROOMS



**URBAN
COMPASS**
Colin Fast
winnipeg@metronews.ca

pads, soccer socks, post-game snack, comically-oversized jersey.

And there was one thing that surprised me: toilet paper.

You see, he plays at a field that's adjacent to a neighbourhood park that has washroom facilities.

So surely, with a few hundred people using the field several nights per week, those washrooms would be open, right?

Nope. For the past several weeks, they've remained locked, while kids (and parents, coaches and referees) who hit the water bottle a bit hard have been forced to duck behind shrubs and trees while relieving themselves.

Calls to 311 and the area councillor revealed that the washrooms are only open when the adjacent wading pool is in operation.

Since wading pools operate for a few hours a day in July and August, that means we have dozens of public washrooms across the city that sit locked for 10 months of the year, and much of the summer.

Access to washrooms in larger parks is generally better, but hours can vary considerably depending on the location and the day of the week.

Jack Lubinski, superintendent of park services with the city, explained to me that access to park washrooms is both a budget and safety issue for his department.

They don't have enough staff to open and close every facility daily, and they're concerned about vandalism or other criminal activities taking place in washrooms that aren't checked on a regular basis.

Lubinski suggests parents plan ahead, and encourage their children to go to the bathroom before taking them to the park, which, of course, is perfectly logical advice.

Unfortunately, the body of a young child doesn't always operate logically.

When my kid has to go to the washroom, there's no time for "Father, when we have a moment, it would be most convenient if we could pause at a restroom." Instead, it's a Usain Bolt-like sprint to the nearest toilet accompanied by "Daddy, I have to peeEEEEEEEE!"

And it's not always easy to perform in public. One player at my son's soccer night suffered the indignity of soiling himself during a game, because he was too embarrassed to go to the bathroom in front of a park full of strangers.

Look, I completely understand the parks department's staffing issues, and I expect that people would complain just as much about vandalized washrooms as they would about locked ones.

But I sympathize far more with children, parents and other park users, who should be able to expect a basic level of customer service when using civic recreational facilities.

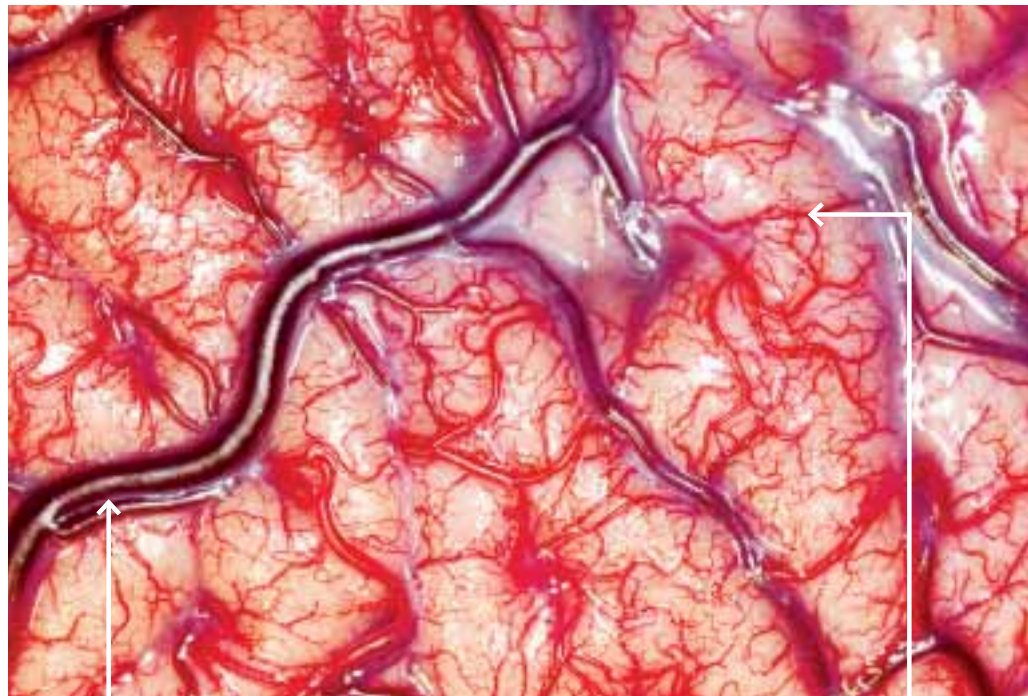
A few weeks ago, several city councillors were ready to spend millions to build a water park to make the city "more fun" for children.

Instead, maybe they could find a few dollars to improve seasonal service levels and teach kids that our parks aren't toilets.



Read more of Colin's
columns at
metronews.ca

It's all in your head



ROBERT LUDLOW/UCL INSTITUTE OF NEUROLOGY

Photography awards

Image of living brain wins contest

A close-up shot of a living human brain has been announced as the overall winner in this year's Wellcome Image Awards, a prestigious competition that celebrates medical photography.

Taken during a surgical procedure to treat a patient with epilepsy, the image shows "the beauty and fragility of this enigmatic organ," a Wellcome spokesperson says.

METRO

Official's viewpoint



"Here you can see the vibrant richness of colour you'd never see when the brain is hidden inside our skulls or when it's dead in a jar."

Catherine Draycott,
head of Wellcome Images and
a member of the judging panel

Cerebral photography

- **Judge's description.** "The arteries are bright scarlet with oxygenated blood, the veins deep purple and the 'grey matter' of the brain a flushed, delicate pink," judge Prof. Alice Roberts said.

- **How the photo was shot.** Taken before an 'intracranial electrode recording procedure', in which a flexible electrode grid was placed on the brain's surface for two weeks to monitor its activity. The surgeon then used the recordings to find problem areas of the brain to be removed.



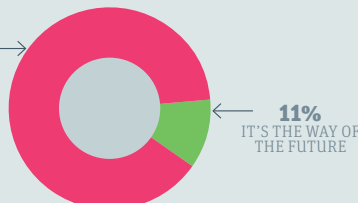
- **Medical photography.** Photographers have to work around medics with no control over lighting, etc. "The conditions are controlled for the surgeon, not the photographer," Draycott notes.
- **Secret to success.** Draycott points to the "easily identifiable human factor" as key to the winning image. Other images included close-ups of a moth fly and a lavender leaf (pictured).



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@bryanadams:
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high! Magical night! Thanks
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@fraughtwith:
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picked up 3 goalies in the draft
considering that's the one pos-

ition we're solid in #staypav
#winnipeg

@MorganFizzy:
My mom and I are trying to find
tickets for @justinbieber's con-
cert in Winnipeg. Sadly no luck,
the prices are crazy expensive.

@pulpmx:
Haven't been to Edmonton for
20+ years but it reminds me a lot
of Winnipeg except for this giant
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Anna Silk plays Bo, the heroine of *Lost Girl*. HANDOUT

Anna Silk stays smooth in *Lost Girls*

Third season. Actress had her doubts about playing a 'sex creature,' but now is excited to further explore the world of the Fae

STEVE
ERAMO
scene@metronews.ca

There is some tension this particular Thursday afternoon in May on the Toronto set of *Lost Girl*, but happily it is all of a fictional nature. Our heroine, Bo, who has been injured and looking none-too-well, is having a difficult time trying to convince her crime-fighting allies that they need to change strategy when it comes to catching the baddie of the week.

She finally succeeds in persuading her ex-lover and police detective Dyson to go along with her plan, much to the chagrin of his colleague.

"Cut! That was great," says director Ron Murphy.

This above scene is from one of the hit supernatural show's third season episodes. For those unfamiliar with *Lost Girl*, the series follows the adventures of Bo, a Succubus (a supernatural being who feeds off the sexual energy of others) and member of a race of uber-humans known as Fae.

Having walked in Bo's leather boots for two seasons and now a third, actress Anna Silk is a perfect fit for the role, even though she initially had some doubts about the project.

"When I originally received the (pilot) script, I read the tagline for it, which was

something like, 'Supernatural sex creature who needs sex to survive,' and I thought, 'Yeah, right. What the heck is this?' recalls Silk. "Then, however, I read the script, which was written by (series creator/executive producer) Michelle Lovretta, and discovered that she wrote this really complex, cool, female lead character who is a sexual creature but in the most vulnerable sort of way."

Although it aired halfway through the show's first season, episode eight was, in fact, *Lost Girl*'s pilot episode and the first thing ever filmed for the series. Silk still remembers working on it as if it were yesterday. "We had 10 days to film the pilot, which was a luxury because we don't have that many days now to shoot an episode," jokes the actress. "The pilot is quite special to me. We filmed it about

a year before we went to series, so if you watch it, we all look a little different. We're wearing less make-up and the tone of the show is somewhat darker. I still think it's one of our greatest episodes and I love the grittiness of it."

Prior to *Lost Girl*, Silk appeared in a number of made-for-TV movies as well as guest-starred on such series *Mutant X*, *Missing*, *Angela's Eyes*, *Til Death Do Us Part* and *Ghost Whisperer*. Of all her small screen roles, two remain especially memorable to the actress.

"I really loved the way that they wrote my character of Cassidy on (the TV show) *Being Erica*," she says. "She turned out to be a very popular character and I enjoyed the real relationship that they created between Erica (Erin Karpluk) and Cassidy."

"Honestly, I've been fortunate enough so far to do a number of really cool things as an actress, including Bo ... I love the fact that she resonates with so many people. Also, the Fae world is so vast. We have so much still to explore about it," enthuses Silk.

Being Bo

Anna Silk interprets her character in Bo as both sensitive and vulnerable.

- "Because I really made Bo my own in the audition process, the show's writers and producers responded to that and very much tailored the character to me, which is a total gift," she says.

2

SCENE

Box office

Brave wins over theatres

A new Disney princess has ascended to the box-office throne with a No. 1 debut for Pixar Animation's *Brave*. The latest from the makers of *WALL-E*, *Finding Nemo* and the *Toy Story* movies opened with \$66.7 million domestically, according to studio estimates Sunday. The 20th Century Fox action tale *Abraham Lincoln: Vampire Hunter* opened far back at No. 3 with \$16.5 million, behind *Madagascar 3: Europe's Most Wanted*. DreamWorks Animation's animated *Madagascar* sequel had been No. 1 for two weekends and added \$20.2 million to raise its domestic total to \$157.6 million.

THE ASSOCIATED PRESS

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On the web



R&B singer Maxwell cancels short summer tour due to vocal cord edema and hemorrhage

The hips don't lie: is singer Shakira pregnant?

While Shakira has steadfastly denied reports that she and soccer player boyfriend Gerard Pique are expecting, her dad may have just blown her cover.

"Hopefully the news will be made official soon," William Mebarak said in an interview with La Prensa when asked about the singer's rumoured pregnancy.

Whether or not there's a grandkid on the way, Mebarak is at least pleased with his daughter's new man: "The happiness of our daughter is reflected in us too and we are very happy," he said. "(Pique) is a valuable young man."



Justin Bieber

Bieber, One Direction collaboration could be in the cards

Rather than start a rivalry with new teen pop sensation One Direction, Justin Bieber is apparently making friends.

"The One Direction guys are great. We have a lot of fun whenever we hang out. They came over to my house

and we were just chilling out around the pool and listening to music," Bieber says in an interview with BBC Radio.

"We were talking about me collaborating with them on a song on their next album. It's gonna be great."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cee Lo's pet peeves

MONICA
WEYMOUTH
scene@metronews.ca

Last season on The Voice, Cee Lo's sidekick, Purrfect the evil-faced cat, was quite the hit, lending the judge a funky Dr. Evil-meets-Lewis Carroll swagger.

But animal rights activists aren't so psyched for his new on-air companion, a Moluccan cockatoo named Lady.

"Moluccan cockatoos are beautiful, intelligent animals but they are very challenging to care for especially in

the long term, and are prone to considerable welfare problems," Monica Engrebretson of advocacy organization Born Free tells TMZ, citing concerns that ill-prepared fans will buy the notoriously difficult pets. "Many Moluccan cockatoos develop self-destructive behaviour including feather plucking and self mutilation not known to occur in the wild."

Poor Lady! Reality TV is the most oppressive captivity known to man, and can cause feather-plucking among even marginally intelligent newspaper editors.

Cee Lo, if you want a colourful companion that speaks in near gibberish, we suggest an intern.



Johnny Depp ALL PHOTOS GETTY IMAGES

Does Johnny Depp have a new chick?

Hot on the heels of news of his split from Vanessa Paradis comes word that Johnny Depp is reportedly getting close to Rum Diary co-star Amber Heard, according to the Daily Mail.

Heard was reportedly spotted hopping on and off his private plane in

Las Vegas while Depp was in town to promote Dark Shadows, and since then she's been a regular visitor to the New Mexico set of Depp's next film, The Lone Ranger. And on top of that, he reportedly bought her a horse so that they can go riding together.

Travolta faces new lawsuit

Author Robert Randolph — whose book You'll Never Spa in This Town Again recounts alleged incidents of John Travolta engaging in sexual acts with men at bathhouses — is now suing the actor and his legal team for spreading false claims about Randolph's mental health in order to diminish his credibility, according to TMZ.

But Travolta's camp thinks that's crazy as well. "The lawsuit filed by

Robert Randolph is absurd. The suit is based on a privileged communication and it will promptly be thrown out by the court," Travolta's rep says in a statement.

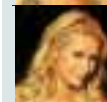
"To evaluate the credibility of Robert Randolph and his ridiculous lawsuit, one need look no further than his own statements published on his website stating that he sustained 'permanent brain damage' and had to 'retrain' his brain."

Twitter



@ElizabethBanks

Thank you ladies for looking out. No matter how disgusting a public woman's restroom is, the men's room is ALWAYS worse.



@ParisHilton

A good life is when you assume nothing, do more, smile often, dream big, laugh a lot, & realize how blessed you are for what you have.



@alecbaldwin

If a paparazzi dies of a heart attack running in this heat, would I get blamed?



@SteveMartinToGo

I slugged two paparazzi today for not taking my photo.

Cinderella syndrome gets turned on its head

Modern makeover.

New movie princesses want more than a prince; they want independence

For modern movie princesses, looking pretty and marrying a prince aren't enough.

Take Mirror Mirror, where Snow White rescues her prince from an evil spell, or Snow White and the Huntsman, where she becomes the hunter who avenges her father, marries none of her suitors and confidently runs her kingdom alone.

Further upending the Cinderella syndrome at a theatre near you this weekend is Pixar's first-ever female protagonist, the feisty Scottish Princess Merida of Brave, who demands to forge her own independent future. She's also a far better shot than any of her would-be princes. This new breed of big-screen princess not only reflects the independence — and athleticism — of young women today, but also Hollywood's increasing willingness to tell their stories.

The success of Bridesmaids, The Girl With the Dragon Tattoo and The Hunger Games showed us that audiences respond to well-drawn heroes, regardless of their gender, thus setting the stage for the classic literary convention of the princess to get a modern makeover.

"It is time for a new paradigm," said Brave producer Katherine Sarafian. "We've got an opportunity to make more characters that are relatable to modern girls" and audiences at large.



Princess Merida, voiced by Kelly Macdonald, is the main character of the Disney/Pixar film Brave. HANDOUT

These empowered young princesses point to a gradual undoing of the so-called Cinderella syndrome or Cinderella complex, a theory developed in the early 1980s that says that, like Cinderella, many women seek something external — such as a rich and handsome prince — to change their lives and harbour a deep desire for dependence.

"It's not enough for women in the 21st century just to sit around and wait and be pretty," said Karen Sternheimer, a professor of sociology at the University of Southern California.

"An empowered heroine countering a challenge reflects the whole mythology of individualism. What's new is the means of achieving suc-

A New Hope?

- Rupert Sanders, the director of Snow White and the Huntsman, which was released earlier this month, said the heroic journey of his princess (played by Kristen Stewart) makes her "almost the female Luke Skywalker."

cess. It used to be through beauty or marriage only. That hasn't gone away, but now it can also be through a skill or encountering a challenge that traditionally we've heard in stories about men."

In developing Princess Me-

rida's story in Brave, Pixar writers and artists thought more about character than gender, Sarafian said. They considered Merida's motivations, her frustrations and what makes her brave.

"If you focus on her being a girl, it's easy to get stuck in the trappings and rules and what a princess movie dictates," the producer said. "We strip out gender, princess, fairy tale and just focus on character."

Merida, voiced by Kelly Macdonald, is a headstrong teenager in 12th century Scotland with a mane of fiery red curls and a temperament to match. Though her mother lovingly prepares her for her royal role, the young princess is more interested in sword

fighting, archery and riding her horse through the forest. When she blatantly defies an ancient tradition, she jeopardizes the future of her family and the kingdom.

"The story is not about the circumstances surrounding her," Sarafian said. "She makes the core decision that throws things off. ... and it's not something else really saving her. Even though there is a little magic in the story, she is really the driving force."

And she does it all in a dress.

"Merida is not trying to pass herself off as anything other than a girl," the producer said. "She just wants to be her own person."

THE ASSOCIATED PRESS

3

LIFE

Women and work

Magazine piece strikes chord

A first-person lament by a former State Department official on Why Women Still Can't Have It All has attracted more visitors to The Atlantic magazine website in a 24-hour period than any magazine story the site has ever published. The piece by Anne-Marie Slaughter described her struggles balancing a high-powered career with raising her two sons.

THE ASSOCIATED PRESS

On the Web



Who needs a lab when you have a kitchen? New books aim to suss out the science of home cooking

MIDSUMMER MIXER & EXHIBITION



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Summer perfect salad

Like many summer favourites, chicken salad has all the makings of a refreshing, light meal... except for all that mayonnaise.

An easy way to lighten it up is to switch it out for our favourite creamy substitute, non-fat plain Greek yogurt. We also opted to grill the chicken, an easy way to pump up the flavour while adding virtually no fat.

For this recipe, we freshened up our salad by adding some berbere, an Ethiopian spice blend that can feature any number of seasonings, but often includes ginger, cardamom, garlic, cumin and chilies. If you can't find it or you prefer something a little more tame, switch it out for another spice blend, such as curry powder or Italian seasoning.

For even more flavour and some textural contrast, we added chopped Peppadew peppers. You usually can find these alongside the olives at the grocer. Cherry peppers also would work. After some chopped fennel bulb, a handful of toasted almonds and some grapes, we were finished.

We like to serve this

salad stuffed in whole-wheat pita pockets with salad greens, but you also could spoon it over a bed of greens for a hearty salad.

1. Heat the grill to medium-high.

2. Place the chicken breasts between sheets of plastic wrap. Using a meat mallet or rolling pin, pound the meat to an even 1/2 inch thickness. Season with salt and black pepper.

3. Soak a crumpled paper towel with the oil. Clasp the paper towel with tongs, oil the grates of the grill. Grill the chicken breasts for 4 minutes per side, or until the chicken is cooked through and reaches 165 F. Set aside to cool, then cut into small chunks.

4. In a large bowl, combine the berbere with the yogurt, Peppadew peppers, fennel, grapes, almonds and the cooled chopped chicken. Mix well, then season with salt and pepper.

5. Fill each pita pocket with a quarter of the salad

Ingredients

Start to finish: 45 minutes

- 1 pound boneless, skinless chicken breasts
- Salt and ground black pepper
- Canola or vegetable oil
- 1 to 2 teaspoons berbere seasoning
- 5-3 ounce container nonfat plain Greek yogurt

- 1/2 cup chopped Peppadew peppers
- 1/2 bulb fresh fennel, trimmed and diced
- 1 cup red grapes, halved
- 1/4 cup slivered, toasted almonds
- 4 small whole-grain pita pockets
- 2 cups salad greens

greens, then spoon some of the chicken salad into it.

ALISON LADMAN/THE ASSOCIATED PRESS



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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rosereisman.com

While places like Boston Pizza offer fun pasta variations, some of them contain mega amounts of sodium, calories and fat.

Boston Pizza Baked Chipotle Bacon Penne

1430 cal / 88 gm fat / 2740 mg sodium

The Alfredo sauce, excess cheese and bacon is what gives you a day's worth of calories, fat and two days' worth of sodium. Heart attack on a plate?



Equivalent

Equivalent to 9 penne bolognese from Pizza Pizza in fat.



Boston Pizza Homestyle Lasagna

930 cal / 30 gm fat / 2280 mg sodium

The meat sauce and cheese in this traditional lasagna is a healthier option, but still high in sodium



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Queen of Green

Don't sleep on these tips



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Where can I recycle my mattress? Melissa of Toronto

Old mattresses have been dumped in city landfills for years. Yet all of the materials in them are recyclable. Today, few cities offer recycling options but it's still worth searching for a municipal program, a private recycler, or asking retailers.

In the greater Toronto area, check out RecoverCanada.com. They accept mattresses, box springs, and upholstered furniture for pickup or at drop-off depots — both have a fee. About 90 per cent of the materials can be diverted from the waste stream.

Across Canada, Sleep Country stores will donate any mattress in good condition to a local charity, or they'll have it recycled. Ask about the "green" fee for this service. And, before you purchase any new mattress, always ask the retailer — no matter how big or small — if they'll recycle your old one.

Recently the City of Vancouver passed a bylaw pro-



This is not the way to recycle your mattress. iSTOCK

hibiting mattresses from being sent to landfills. Canadian MattressRecycling.com opened in Metro in January, 2011. They offer weekly residential pickup programs in Vancouver, Burnaby, Richmond, Surrey, Delta, Langley, the North Shore, and the Tri-Cities area.

Another option in Western Canada — from Victoria to Edmonton — is MattressRecycling.ca. Check their website for drop-off locations or pick-up pricing on mattresses, headboards, and

couches.

In the Ottawa area, check out MattressMart.ca. They work with Montreal-based recycler MattCanada.com who'll pick up your old mattress set and ship it to their factory. Each piece costs \$70, but if you're a customer it's only \$10. Montrealers can also recycle box springs, mattresses, couches/arm chairs and clothing, among other things, for a fee.

If you live in Halifax or Winnipeg, unfortunately, neither city has mattress recycling programs.

There's no 'I' in TeamBuy: budding biz making millions

Company can-do.
25-year-old mogul an inspiration to young entrepreneurs



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

When Edward Yao's older sister graduated from Yale and went on to become a lawyer, he thought about his future.

"I wanted to be the bread winner for the family that they could rely on and be proud of. The only way to surpass her was if I started my own company."

It was on a trip to China with his mom that he found his inspiration. A crowd of people were lining up at a TV store.

"I was told it was

Driven to succeed

"I wanted to be the bread winner for the family that they could rely on and be proud of. The only way to surpass her was if I started my own company."

Edward Yao on being inspired by his sister's success

'Tuangou' which is Mandarin for team buying. You get people together to get a discount and it's a big thing in China."

He convinced childhood friend Andrew Hutchings to become his partner and they went to work creating TeamBuy.

"Today we're operational coast to coast," says the now 25-year-old.

"From baby supplies to travel, you name it, we have it. Our run rates exceed 30 million dollars annually. We have just over 100 people and we are happier

than ever."

Edward, his sister, Mom and Dad have a lot to smile about these days.

"My family is extremely proud."

For Edward Yao, that's the biggest accomplishment of all.

You're the boss

Remember these start-up tips

- Entrepreneurship is risk taking. You have to be ready to accept the highs and lows.
- No matter how good the idea is, don't assume it will grow on its own. It takes hard work.
- Investors aren't stupid and they're not going to give you money to burn. They're there to make

money. It's a relationship that is give and take and they won't take all the risk.

- Don't do anything illegal. There will be times that you're tempted because it's the easier way but it's never the right move.
- Life's not easy but if you work hard that's when you maximize your chances for success.

Visit: teambuy.com



Edward Yao, TeamBuy president and co-founder and 2012 ACCE (Association of Chinese Canadian Entrepreneurs) award-winner for best start up. PROVIDED

College tri: educators debate semester timing

Should class be in a flash? Or studies be slow and steady?

BRUCE WALSH
Metro World News in Philadelphia

In defence of the trimester ...

Stuart J. Lipper is the dean of the graduate school of business administration at Fordham University in New York City.

How did Fordham arrive at a trimester system?

The MBA has always been the largest master's program at Fordham, and it was largely a part-time program. We wanted to make it as flexible as possible

for people that had to work. But we're not keeping it because 'this is the way it's always been done.' Current students like the flexibility.

What are the drawbacks?

It makes the jobs of administrators a bit crazy. It can be hectic for students, too. Sometimes the semester ends on Friday and the new one starts on Monday. There's not a lot of downtime.

But you also complete the degree faster.

That's the ultimate goal. Full-time students can usually go through a program reasonably quickly. But in this program, part-time students can finish in three years.

In defence of the semester ...

Kate Lehman is the assistant dean for student success at Otterbein University in Westerville, Ohio.

How did Otterbein University arrive at a semester system?

We just switched from trimesters to semesters. We are placing an emphasis on experiential education — learning through real-world situations. Our faculty felt that semesters were better suited to this due to the extended time in a term.

What are the drawbacks?

Some students like a shorter term so they can experience more topics over time. The sheer number of classes is fewer when you have fewer terms.



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4

SPORTS

Golf

"To be honest, I wasn't that nervous. I think with something like what's happened to my family and me the last four weeks, nothing really seems that difficult anymore."

England's Melissa Reid, who won the Prague Golf Masters in Czech Republic on Sunday, four weeks after her mother was killed in a car accident in Germany.

"It will make me fight and nothing will seem as bad as what I've been through, so yeah, I actually felt very calm and I knew I was going to hole the putt on 18."

Melissa Reid
THE ASSOCIATED PRESS

On the web

Spain has varied tactics at Euro 2012, fielding either a six-man midfield or a lone striker, in part as a way to trip up opponents. Some teams have tried to adjust their tactics to cope with the Spaniards, but not so for the Portuguese. Scan the code to find out how Portugal plans to win its semifinal on Wednesday.



Gianluigi Buffon of Italy saves a penalty taken by Ashley Cole of England during the Euro 2012 quarter-final Sunday in Kiev, Ukraine. LAURENCE GRIFFITHS/GETTY IMAGES

Italy claims the spoils on penalties

Euro 2012. Another penalty shootout loss for England at a major tournament

After two hours of clever, often dominating but in the end fruitless play, Italy found the answer against England.

Penalty kicks.

Alessandro Diamanti scored the decisive kick Sunday to send Italy through to the European Championship semifinals with a 4-2 win in the shootout following a 0-0 tie with England.

Italy will next play Germany in the semifinals on Thursday in Warsaw, Poland. Defending

champion Spain plays Portugal on Wednesday in Donetsk, Ukraine.

"We deserved this victory," Diamanti said. "The penalties rewarded our dominance during the match. It's only fair, we played a great match and battled from the first to the last minute."

But not until penalties by Mario Balotelli, Andrea Pirlo — with an audacious slow chip-shot down the middle of the goal — and Antonio Nocerino did the Azzurri find the net. Steven Gerrard and Wayne Rooney scored England's penalties.

The difference: Ashley Young hit the crossbar with England's third, and Ashley Cole's attempt was saved by Gianluigi Buffon.

For England, it was yet another exit from a major tournament in the quarter-finals after a penalty shootout. England lost to Portugal in the same manner at Euro 2004 and the 2006 World Cup.

England briefly led the shootout after Riccardo Montolivo missed Italy's second penalty. His shot went wide of Joe Hart's right post as the England goalkeeper guessed correctly.

The momentum shifted after Pirlo's bold piece of skill levelled it 2-2.

"I just saw that the goalkeeper was moving a bit earlier so I decided to play it the other way," Pirlo said. "It just comes to you at that moment and it went well." THE ASSOCIATED PRESS

England's curse

It was the same old penalties heartache for England. This time, though, there was no hard-luck story to accompany the loss.

- Defeat to Italy in the European Championship quarter-finals made it six losses in seven tournament shootouts.
- England coach Roy Hodgson said: "We weren't quite good enough to win it over 120 minutes. Penalties is the same road we have been down before."

LPGA

Lang captures first victory in a playoff

Brittany Lang's first LPGA victory came in dramatic fashion on Sunday. The American sank a six-foot putt on the third playoff hole to beat South Korean Hee Kyung Seo by a stroke at the inaugural Manulife Financial LPGA Classic.

The 26-year-old Texan actually had a chance to win the tournament on the 18th hole, but pushed a two-foot putt to the left, setting up a four-way playoff with Seo and fellow South Koreans Inbee Park and Chella Choi, both of whom finished at 16-under par.

THE CANADIAN PRESS



Brittany Lang THE CANADIAN PRESS

MLB

Blue Jays' bats shut down by Buehrle

Mark Buehrle has given the Toronto Blue Jays troubles in his career, and even though he was in a different uniform Sunday the results were similar.

The veteran left-hander pitched effectively for seven innings to become the winningest pitcher in interleague play, John Buck hit a three-run homer and the Miami Marlins snapped a six-game losing streak with a 9-0 win over the Blue Jays on Sunday.

"We got some hits off him but weren't really able to bunch too many together," Blue Jays manager John Farrell said.

THE CANADIAN PRESS

Goaldeyes pitching pounded by Redhawks

Quoted

"We were manhandled."

Goaldeyes manager Rick Forney

The Winnipeg Goaldeyes found themselves trailing the Fargo-Moorhead RedHawks 11-1 after three innings.

Not surprisingly, they didn't recover.

RedHawks centrefielder Nic Jackson had a double, a home run and five runs batted in while third baseman Ryan Stovall had two singles, a homer and three RBI, as the RedHawks pounded eight Goaldeyes pitchers for 16 runs on 13 hits (along with nine walks) as the 'Hawks won their third straight from the Fish and took the four-game series in Winnipeg, three games to one.

The final score was 16-7 and

delivery in order to hold runners.

"But it's tough for kids to come into a league like this where it's so fast for them."

With the score 11-1 in the fourth, the Goaldeyes tried to battle back as Dan Barbero and David Narodowski each drove in runs and Price Kendall knocked in a pair with a bases-loaded single, but 11-5 was as close as Winnipeg would come.

In the fifth, Jackson hit a two-run homer and Stovall hit a three-run bomb and that was it. The Fish put up a run in the seventh and another in the eighth, but this one was over early. SCOTT TAYLOR/FOR METRO



Pitcher Chris Zbin was pulled from the game in the third inning. SHANE GIBSON/METRO

Canada's women's basketball team two wins away from London

Olympic qualifying. National team looking to clinch berth at forthcoming Olympics after being denied in 2004 and 2008

Canada's veteran women's basketball coach would love nothing more than to lead a team out onto the court on sport's greatest stage.

But when Allison McNeill was asked recently what an appearance in the London Olympics would mean to her, she was quick to say that the Games are virtually nothing about her and everything about her players.

"The longer you coach and the more you're around and you see how hard they work, it's not as important to me as it is for them to go," McNeill said. "I want them to go so badly."

The Canadian women open the FIBA Olympic qualifying

tournament Monday in Ankara, Turkey, in their quest for their first Olympic berth since the 2000 Sydney Games.

Teresa Gabriele of Mission, B.C., is the only holdover from Canada's Sydney squad that finished 10th. Kim Smith of Mission and Chelsea Aubry of Kitchener, Ont., both made their national team debuts a year later. All three endured the heartbreak of failing to qualify for the 2004 and 2008 Games.

"For someone like Teresa

Quoted

"These are going to be the biggest games of my career, so there's definitely nerves."

Kim Smith of Mission, B.C.

and Chelsea and Kim, they've been to two world championships, they stuck through some games where we were just getting hammered, and they've

trained so hard and they sort of set the tone of how we would be professional," McNeill said.

Canada must finish top-five to earn a spot in London, and is the fourth-ranked team in the tournament. The Canadians face 19th-ranked Mali on Monday, then No. 8 France on Tuesday, and need only to finish Top 2 to make the quarter-finals. The quarter-final winners earn an Olympic berth, and the quarter-final losers play off for a fifth spot.

Thus, two victories would

Team efforts

- Canada's men's team, which also hasn't made an Olympic appearance since 2000, didn't qualify for the last-chance event.
- Canada's only team to qualify for London so far is women's soccer.

secure Canada a ticket to London. **THE CANADIAN PRESS**



Strait of Dover leads from the wire to capture possibly the final Queen's Plate

Jockey Justin Stein on Strait of Dover crosses the finishing line in front of jockey Alex O. Solis on Irish Mission to win the running of the 153rd Queen's Plate at Woodbine Racetrack in Toronto on Sunday. Stein, a native of New Westminster, B.C., took Strait of Dover to the lead from the start, then cruised to a 1 1/4-length victory in the \$1-million race. On Thursday, Nick Eaves, the president and chief operating officer of Woodbine Entertainment Group, announced this year's race could be the last if the Ontario government doesn't change its plan to scrap a slot machine revenue-sharing program at provincial tracks. **AARON VINCENT ELKAIM/THE CANADIAN PRESS**

Raonic feeling more confident on grass

Milos Raonic is doing all he can to prepare for the Wimbledon grass that he injured himself on last year.

The Thornhill, Ont., native had an abrupt end to his Wimbledon campaign when he slipped early in his second-round match and had to retire with a painful right hip injury.

This year, Raonic said only the rain has given him pause as he prepares for his first match Tuesday against No. 45 Santiago Giraldo of Colombia.

"I didn't think about it too much," he said. "Only when it would rain a little bit or if

Wimbledon seeding

21

Raonic is seeded 21st at Wimbledon. Since the Australian Open in January, he is 20-8.

it was wet, we would sort of practise a little bit more cautiously. Outside of that, when the court conditions are how they should be, there were no second thoughts." Raonic has been training at Wimbledon since last Monday and feels prepared despite some chilly, rainy weather. **THE CANADIAN PRESS**



Milos Raonic will begin his Wimbledon campaign on Tuesday against Santiago Giraldo. **DENNIS GROMBKOWSKI/BONGARTS/GETTY IMAGES**

Collective bargaining. NHLPA to discuss policies ahead of negotiations

The collective bargaining posturing is beginning and the prospect of an NHL lockout is looming.

More than 50 NHL players — player reps and alternates — are expected to descend upon Chicago from Monday to Wednesday to sort out NHL Players' Association issues and positions in advance of collective bargaining talks that are to begin "imminent-

Quoted

"We hope it will be quick, quiet and painless."

NHL commissioner Gary Bettman referring to upcoming CBA negotiations

ly," according to both sides. The current CBA expires Sept. 15. **TORSTAR NEWS SERVICE**

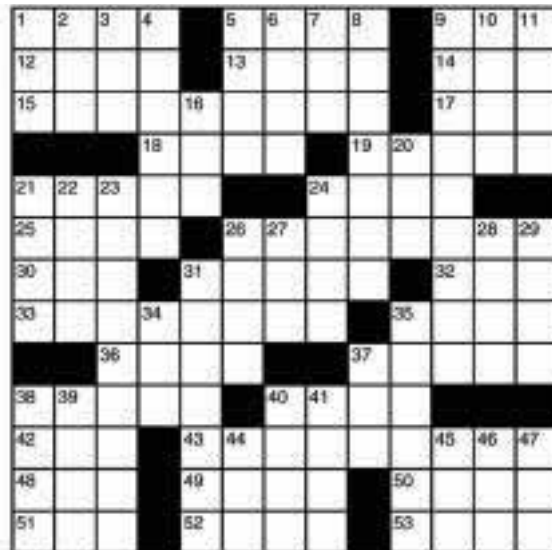
Across

1 Variety of nail
5 Mop the decks
9 Paving goo
12 "Othello" villain
13 — Major
14 Colouration
15 Shrink, maybe
17 Historic time
18 Atomizer output
19 Early feeding time
21 Change
24 Scoff
25 Comedian Jay
26 Suitor's task
30 Eisenhower
31 Stocks and —
32 Menagerie
33 Mess
35 Alpha follower
36 Related (to)
37 West Point student
38 Crouch
40 LummoX
42 "— Town"
43 Quarterback employed by ESPN
48 Actress Lucy
49 Lounge about
50 Vicinity
51 Harvest goddess
52 Congers, e.g.

53 Mr. Gingrich

Down

1 Morsel
2 "Go, team!"
3 Time of your life?
4 Window in a roof
5 Dines
6 Legal document
7 Ninny
8 They're up for the game
9 Speculated
10 Emanation
11 Paper quantity
16 Melody
20 Damp
21 Surrounded by
22 Mischievous deity
23 Roget's compilation
24 Punch's partner
26 Maize
27 — shoestring
28 Memo
29 Capricorn
31 Easily crumbled
34 Alias abbr.
35 Pub worker
37 Lettuce type
38 How Lindy flew
39 Witticism
40 Telephone inventor
41 Rembrandt's output



44 Weeding implement
45 Exist
46 Fresh
47 Singer Cole



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

J VWL K H K L T L W K P Z N
B Y A A H W G V K M Y B W P T K Z Z
H D T T W G D F. N A D H M B V P
T K N V W T L A J G W F K Y P W G.
Yesterday's Cryptoquip: IF I MAKE AN ERROR
ABOUT THE KIND OF BLOOD SOMEBODY HAS, I
RECKON IT COULD BE A TYPE-O TYPO.
Today's Cryptoquip Clue: V equals H



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

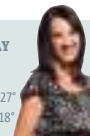
MONDAY

MAX: 27°
MIN: 10°

TUESDAY

MAX: 30°
MIN: 18°

WEDNESDAY

MAX: 27°
MIN: 18°

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Horoscope

♈ Aries | March 21 - April 20.

You may be full of confidence right now but watch out you don't take too much for granted.

♉ Taurus | April 21 - May 21.

You will gain a lot more respect over the next few days if you deal with those who disagree with you quickly and with a touch of ruthlessness.

♊ Gemini | May 22 - June 20.

You may be tempted to cut corners and hope no one notices but the planets warn they will — and your reputation will quickly head south.

♋ Cancer | June 21 - July 22.

According to the planets you have allowed your standards to slip in recent months, but Saturn, the great taskmaster of the zodiac, will in some way force you to up your game.

♌ Leo | July 23 - Aug. 22. You are thinking too hard about a problem that is quite simple in nature.

♍ Virgo | Aug. 23 - Sept. 22. For some reason you've got it into your head that someone you have to deal with on a day-to-day basis is not to be trusted.

♎ Libra | Sept. 23 - Oct. 22.

Saturn turns direct in your birth sign today, which means you will no longer be able to kid yourself that everything in your garden is rosy.

♏ Scorpio | Oct. 23 - Nov.

21. Whatever you say there always seems to be someone who chooses to disagree with you. It's annoying but you must not let it get to you

♐ Sagittarius | Nov. 22 - Dec.

21. Are you expecting too much of yourself? Maybe, but it's better than

expecting too little.

♑ Capricorn | Dec. 22 - Jan 20.

Each and every person is born with a special talent. Do you know what yours is? If not this is the perfect time to find out.

♒ Aquarius | Jan. 21 - Feb 18.

The situation you find yourself in today may be difficult but you won't make it any easier by allowing your emotions to take control. Use your head and you will get through okay. You may be one of the few who do.

♓ Pisces | Feb. 19 - March 20.

For too long you have believed that your options are limited and that there is only so much you can accomplish. Today's events will encourage you to believe the opposite: that there is nothing in this world that is beyond you.

SALLY BROMPTON



Caption Contest

"I see Lady Gaga is working her sunny side up egg look."

Joseph

ALASTAIR GRANT/THE ASSOCIATED PRESS

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